NEW PHAZES

Volume: 2 **Issue:** 3 **Date:** October, 1989

Dear Community,

This issue is dedicated to your responses to Dr. Hassett's letter printed in the September issue. Thank you Dr. Hassett and all of you who took time to respond. The responses were varied, and all were appreciated. It is often difficult to verbalize many of the emotions Dr. Hassett's letter evoked, and exposing thoughts to the community is frightening.

New Phazes is a paper by and for all the women of this community. Not all of us can spell correctly, or know proper sentence structure, but we all have something to say. New Phazes is a forum where all women can speak their piece.

We now have an editor who will proofread and edit articles. All letters, however, will be reprinted as originally written. Thank you all for your support, encouragement, humor, and allowing us to develop with time.

The Staff

Contacts:

Send information & mail list changes to:

NEW PHAZES
P.O.Box 6485
Colorado Springs, CO 80934

Community information:

Together As One
Cheryl - 473-2552

October 1989

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Gay A.A. Meeting 8:00 P.M. - Golden Acres Mobile Home Park Lesbian Issues Therapy Group 6:00 P.M. (632-0465)	3	4 Women's Fellowship 7:00 P.M. (574-4183)	5 Sister of Sapho (471-4429)	6 Gay A.A. Meeting 8:00 P.M. - Golden Acres Mobile Home Park	7 Gay A.A. Meeting 6:30 P.M. - Memorial Hospital
8	9 Gay A.A. Meeting 8:00 P.M. - Golden Acres Mobile Home Park Lesbian Issues Therapy Group 6:00 P.M. (632-0465)	10	11 NATIONAL COMING OUT DAY	12 Sister of Sapho (471-4429)	13 Gay A.A. Meeting 8:00 P.M. - Golden Acres Mobile Home Park	14 Gay A.A. Meeting 6:30 P.M. - Memorial Hospital Slightly Older Lesbians (303-388-8611) ROLLER SKATING 5:00 P.M. - Bosanova Skating Center
15	16 Gay A.A. Meeting 8:00 P.M. - Golden Acres Mobile Home Park Lesbian Issues Therapy Group 6:00 P.M. (632-0465)	17	18 N.O.W. Meeting (574-5885)	19 Sister of Sapho (471-4429)	20 Gay A.A. Meeting 8:00 P.M. - Golden Acres Mobile Home Park	21 Gay A.A. Meeting 6:30 P.M. - Memorial Hospital
22	23 Gay A.A. Meeting 8:00 P.M. - Golden Acres Mobile Home Park Lesbian Issues Therapy Group 6:00 P.M. (632-0465)	24	25 Women's Fellowship 7:00 P.M. (574-4183) LUCIE BLUE TREMBLAY 8:00 P.M. - Liberty High School (635-5825/599-4753) 𝄞	26 Sister of Sapho (471-4429)	27 Gay A.A. Meeting 8:00 P.M. - Golden Acres Mobile Home Park	28 Gay A.A. Meeting 6:30 P.M. - Memorial Hospital
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Dear New Phazes,

I am writing to respond to Ms. Hassett's tirade in the September issue.

FIRST: The women of New Phazes work very hard to get this paper out to us; and they do so AFTER they have finished work at their paying jobs. Nobody is getting rich from N.P. The dedicated women who make it happen every month do so in order to provide a much needed service to the community.

I feel it is better to dwell on the positive aspects and express our appreciation than to be so nitpicky about typos and punctuation errors. If these things are so annoying to Ms. Hassett, then perhaps SHE would like to volunteer her contribution as proofreader.

Those who can - DO.

Those who can't - CRITICIZE.

As for the comments about Dear Sappho: It was pretty clear to me that the question about pubic hair was more a question about the give and take of relationships than "hair styling", and I think you, Dear Sappho, dealt with that point very well.

Dear Sappho is one woman who has her head on straight (pardon the expression) and her advice is wise, warm and compassionate. Most of the questions are about relationships - with ourselves and each other. Yes, there are more pressing social issues, but if we can not address the problems of our relationships, how can we address the problems of our society?

One major problem we face is prejudice, and Ms. Hassett appears to be prejudice against "K-Mart jeans and T-shirts." Since we can't all shop at May D&F, I wonder where she thinks we should shop.

Personally, there was a time in my life when I would have been happy to have been able to shop at the Goodwill.

Now, I don't have to because, fortunately my life has improved. It improved mainly because of people who genuinely cared about me. They saw me as a human being deserving of dignity regardless of what I was wearing. They helped me to learn how to care about myself, they did it with kindness and compassion, not criticism. You don't help anyone gain self-esteem by putting down where she is at the present.

When I see someone who is dressed in "garb that we all used to wear when we were junior high school misfits", I see someone who maybe has problems. Or maybe she is just so secure with herself that she doesn't need external validation. Or maybe she is just having a bad day.

Whatever the case, I don't recall anyone ever saying she goes to the Hour Glass to score points as a fashion princess.

People go there to socialize, drink or dance. It should be one place where everyone can be free from condemnation for her choices.

If the dress at the Hour Glass disturbs Ms. Hassett so much, then I suggest she go someplace else. How about the Broadmoor? Surely the dress there would meet with her approval? However, if I were hungry, homeless and dressed in rags, I bet the people in K-Mart jeans would lend a helping hand.

Ms. Hassett complains about no comraderie among the various cliques (which, by the way, she misspelled). Yet I can't even imagine that she would want to associate with any of the women about whom she has so many negative opinions.

She is right, her letter does sound like an attack, and a thinly disguised one at that. While each of here points may have some validity, the manner in which she expresses herself suggests that she is more interested in condemning and criticizing than actually helping.

A person's dress is not the only reflection of how she feels about herself. Ms. Hassett's letter reveals something about herself. When reading such a negative and RUDE letter, I see someone who is angry, lonely and frustrated. I see a person who is perhaps needing acceptance and approval from others, and not knowing how to get it, she over-compensates by deluding herself into believing that she is better than everyone else. This is evident in snipes such as "this may elude many of you" as if we were too ignorant to understand what she is saying.

Sometimes, what really matters most is not what you say, but how you say it. Ms Hassett claims that she is just being honest. Well, I say that honesty is no justification for brutality.

A truly caring person could have made the some points in a more subtle and gentle manner which might actually have produced positive changes. To her remark "shame on you", I say shame on her! As a so called "doctor" she is guilty of the very thing of which she accuses others - lack of professionalism.

If Ms. Hassett has ever taken any management training, she should know two

things: 1) Whenever CONSTRUCTIVE criticism is necessary, it should be done in private, and 2) Every critique should be prefaced with as many positive statements as possible.

With her letter, Ms. Hassett appears to be offering advice that she thinks may help people change for the better. Her motive may be in the right place, but her method is far too critical, negative and callous for her attempt to do any good.

I am astonished that New Phazes would even publish such a letter; but that says some thing about the character of the New Phazes women, doesn't it?

In closing, I have a suggestion for Ms. Hassett - try taking a Dale Carnegie course, or reading the book "How To Win Friends and Influence People." If you really want to help people improve their lives, you do so by acknowledging their accomplishments, not by shining a floodlight on every little flaw.

Yours truly,
Davida Hava

* *

Dear New Phazes:

I'm the director of the Colorado Gay and Lesbian Task Force, an organization for the political empowerment of Lesbians and Gays in Colorado. There are a few items on which I would like to comment.

First, I want to let all your readers know about the upcoming Gay and Lesbian Congress happening October 20-22 in Denver. This event includes workshops, informal social gatherings, meeting with legislators from all over the state, and a keynote address by Sue Hyde, director of the privacy project for the National Gay amd Lesbian Task Force. Cost of the is $15.00 for the entire weekend for the Task Force members, or, for a limited time, $25.00 will both register individuals for the weekend and secure a membership in this powerful and far-reaching organization. The Congress is scheduled for the Days Inn in Capitol Hill. Lodging for the weekend is available at a reduced rate for Congress attendees and should be made directly with the hotel (303-831-7700). For registration or more information, contact the Task Force at 303-830-2981.

Secondly, I must address the arrogant and hate-filled letter from the alleged professional, "Dr. Madeline Hassett." I have read New Phazes since its inception, and I do agree with certain specific criticisms. Misspelled words do tend to give a less-than-good impression. More articles regarding the topics listed in that letter would be welcome and relevant.

I can't ignore the classism this author exhibits, however. Much of what she says sounds like a promotion from Mary Kay rather than an informed discussion of self-esteem issues. How dare this person presume to condemn on the basis of "K-Mart jeans and tee-shirt"? How dare this person infer that there is less value or worth in a person dependent upon where she shop? Such a blanket criticism obviously issues from someone who has transcended the economic issues facing most woman in the Lesbian community, and like a Queen Bee believes those without her privileges are less worthy. I have no interest here in addressing her own problems with the English language and punctuation.

The main reason I admire New Phazes is its attempt to create a community and an organ for communication in a place as oppressive as El Paso County. El Paso County elected state officials are neanderthals and truly the larger society in which you are trying to operate and thrive. This is a brave task, a courageous goal. My job is the creation and maintenance of a statewide community; I can admire and respect those attempts at local organization, those voices in the wilderness with which I meet.

This "woman" ends her letter with a final unnecessary bit of arrogance: "This may elude many of you and offend even more...." This person with a problem, a need to pretend her classism and hatred of other Lesbians is somehow the goddess handing down the word through the oracle. Classism and self-hatred are not speaking in tongues!

The only method to create a project, whether it's a social club, a newsletter or a terrorist cell, is to become involved. Those who hold themselves at arms-length or further, and dare to criticize the efforts of others are useless at best, agent provocateurs at worst. If this woman is serious about a desire to have a community mouthpiece she feels is "quality," I challenge her and the hundreds like her in your community to get involved. Own it, create it, be it.

Tea Schook
Director, Colorado Gay and Lesbian Task Force

LUCIE BLUE TREMBLAY

Wednesday October 25, 1989
8:00 P.M.

Liberty High School
Auditorium
8720 Scarborough Drive
Colorado Springs, CO

Directions: Union to Research Pkway. (Dead End of Union). Right on Research Pkway. Go 1.2 Miles to Austin Bluffs and Turn Left. Go One Block to Coach House and Turn Right. Go One Block to Liberty High School, 8720 Scarborough Dr.
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Colorado Springs Fine Arts Center

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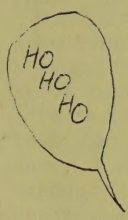

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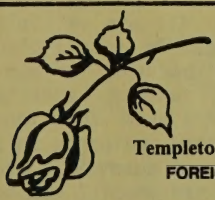

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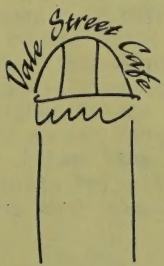

"Where the chic eat cheap"

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Dear Staff,

September's issue was cauldron of emotions for me. I need to comment on Dr. Madeline Hassett's letter. Controversial issues like this can have the laziest writers dusting off typewriters. First, I must agree with the critique of poor proofing, and add the encouragement that a computer spelling disk can proofread your copy efficiently. It's a very important critique, but don't sweat it. Secondly, ask Dr. Hassett to encourage her educated friends to contribute articles as well as herself that are stimulating and intellectually readable. This is a fact; the average American spends approximately 10 minutes with their daily paper. Articles that are written with a heavy slant on intelligence comprehension and detailed thoughts normally aren't read by the populous. Beware, the only cut and dry newspapers that have stood the test of time is The New York Times and those (if any) with the same 'hard' format. Personally, I believe and to an extent agree with Dr. Hassett, there are sources available providing information on such issues as pay equities, social security, child care issues, etc. mentioned in her letter. Partners of Washington D.C., The womyn of NOW, the womyn's voter league, and several others will surface with research. YES YES This is very important information. This can be costly as well as time consuming you must weigh out priority order. Finally I must comment: I've received most all of your issues. This last one was stapled centered which makes reading difficult. Oops!!!!

Due to unfair pay equity there are some womyn who do not have the resources to buy new clothes, especially at today's prices. I'm a womon that goes to the Hour Glass in my jeans, perhaps with patches. The image of womyn in cultural society has changed dramatically. For centuries womyn were dressed by a society of men. Historically we have dressed and undressed by standards of proper and improper standards decided by men. I'll be DAMNED if another womon dares assume that male restriction and role. We are all individuals in our own comfort zone of fashion. I can look as properly dressed when the occasion warrants, however if I'm out to party, shoot pool, have a few beers, I don't want to be concerned with ruining an expensive suit. Perhaps the Dr. needs a pair of jeans. I found her opinion on this topic judgmental and too critical. (three years of education, there are still typos, always will be.)

What I find appalling is certain attitudes among cliques. Attitudes and prejudices we harbor amongst ourselves, this is the most dangerous to the future of our culture. I am shocked that the Dr. of humanities and culture didn't recognize the segregation among the womyn not one word of mutual understanding, common courtesy, or togetherness. How could she have missed it? Perhaps she was too concerned with our outer behavior patterns (clothes) to notice the inner selves. Enough of the good Dr.'s letter.

There are many, many subcultures within a culture. Sad but true, homosexuals are a subculture of the heterosexual culture. We've been excluded from many facets of life in it's tradition that heterosexuals take for granted, the right to legally marry (in this state). The right for standard insurance procedures, life, health, auto. So many more I honestly don't want to dwell on now for fear of lack of time, paper and emotion. So here we are a group outside of a group. What we obviously need is the Power of Unity!!! It is important to interject a thought at this point; according to The American Heritage Dictionary a lesbian is 1. A native or resident of Lesbos, 2. A womon who is homosexual, 3. The ancient Greek dialect of Lesbos. Dyke is slang for lesbian. Gay is bright or lively happy, and a homosexual. There are so many more unmentioned stereotypical names for us. Is this our choice? Choose one of these, be a dyke excluded by lesbians, a lesbian excluded by queer, queers excluded by bulldaggers. Seems we've sacrificed our destiny to the words and terms of the straight community, except for Gay, which I understand was coined by Gertrude Stein. The point is! We are all the same species human beings, we come in many shapes and sizes, belief systems, religions, sexual preferences, etc. Beware of Ethnocentrism. It is a belief in the superiority of one own's ethnic group, overriding concern with race.

An example of this within our community would be the white womyn disassociating with the black womyn perhaps in a bar or other social setting. The career womyn established in the community that would like to appear and present themselves as better than the womyn working in laundromats for instance. the vegetarians and the meat eater, and of course the

economic scale more being better than less. We are tearing ourselves apart. The irony of it is seen best during Gay Pride Week. Once a year womyn from all walks join for a sole purpose in UNITY. What about the rest of the year??? It takes 50 years to change an attitude. We must start NOW this very minute. We're already very late. If respect and courtesy is what we need we must extend it ourselves first. We must persevere in the face of all obstacles. To learn the value of discipline, to withhold from personal judgements, and from prejudices, to accept freely our sisters (and our brothers) to set an example of human kindness for the rest of society so as they may accept us and understand we are different but we ARE GOOD.

Peace, Unity and Love,
Eva Wynhorst

* *

Dear Staff,

I was delighted and saddened to read the article written by Dr. Hassett. Why? Because I know it would arouse many of the women in the community. It certainly caused an uproar in my stomach. I applaud her courage but question her motives. But, then again who am I to question her motives?

I have recently made a drastic career change and find myself back in a local college. I pride myself on my mode of dress. Growing up we were very poor and my father always said, "It doesn't matter what you wear as long as you are neat and clean." So here I am many years later wearing Dockers, Bugle Boys, Arrow, Van Huesen, Mervyns, etc. with light starch and sharp creases. I am definitely the one that stands out in society. I choose to wear primarily men's clothing, save underwear and a few things in my closet that resemble blazers and blouses that I seldom don. My point being, we all make our own choices and I am not here to judge you by the way you spell or the way you dress. Now, I would like everyone to dress the way I dres,s and do as I do, and want what I want, that would make my life very easy.

I sit in class with different generations of students, some in blue jeans and tee-shirts, some in polyester. The class will fill with students sitting as far away from me as possible. Not because I have BO or am dirty, on the contrary, it is because my sexuality is apparent by the clothes I wear and the way my hair is cut.

According to Dr. Hassett, I would be very acceptable to her because I am neat and clean. Unfortunately, society doesn't always see the way I do, nor do they accept my blatant sexuality. Does this mean that I should dress the way they think I should and wear my hair the way they think I should?

Maybe I should overcome my sexual preference and be a fake, a fraud and a phony. I think not.

I'm not going to correct anyone's grammar, I have to get perfect before I can cast stones. I'm not even going to ask you to dress like me or act like me or do like me. Please, just be happy with who you are. We all learn from each other.

Personally, I think the staff of the "New Phazes" is doing a wonderful job. You are giving us the newsletter that this community desperately needed. It took a great deal of courage on the part of a few neat women to put it all together for us. I look forward to my copy arriving in the mail each month and I read every word on each page and I use the advertisers products and services.

Dr. Hassett, I am not saying that you are wrong, I an just saying we make our own choices.

I would prefer to offer my assistance rather than to put down or "shame" those who are making a great effort on <u>our</u> behalf.

By the DR. can you show me in the dictionary where "woman" is spelled WOMYN?

Donna Davis

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Dear Community,

When a man and a womon fall in love what do they do? Right! They marry and celebrate. When two womon fall in love what do they do? Right again. THEY marry and celebrate!!!!

Although the State of Colorado does NOT acknowledge same sex marriages the Metropolitan Community Church DOES!!! If you're in love (really, really in love) not lust, Pastor Harrison of the MCC will marry you in the presence of friends and kind spirits.

August 19th this year I was one of the lucky souls to be married, of course I married the other lucky soul. It was the most wonderful day of my life (so far). Nervous but wonderful. The ceremony was performed in the personal religious belief Cecelia and I share. You don't have to be of any specific denomination to believe in a holy union, as we all interpret holy in our own way. The ceremony was less than 30 minutes, the feeling of peace and unity and love were overwhelming. Perhaps if more womyn married in this somewhat traditional, documented sense the State of Colorado would be forced to recognize it. However I would highly recommend not marrying for the sole purpose of income tax advantages. Although, I do feel cheated of certain economic advantages for now I will find another way to deal with it.

We would like to thank very much the womyn who helped with the ceremony as well as the celebration, mentioning key organizers, but thinking of everyone who made it there.
As we join now, we shall again,
In different circles with different womyn.
Join in peace.
Thank You Thank You Thank You Thank You Thank You Thank You
Deborah Walker, Jeanne Kerchanin, Deb Contreras, Joyce Winegarner, Holly, Anne Stinson, Betty Gushikawa and and .. not a typo; Pam, Sloane, Linda, Liz Lee, Dominica, Becky, Anita, Tressa, Greta, Sherry, Nancy, Liz, Ann, Shirley, Cindy, B.J., Eileen, everyone!!!!

The womyn from: Rick's plants and flowers for the beautiful corsages. The Flower Shop for all the dozens of roses. All Things Delicious, for their time and help. Perhaps this machine forgot to mention someone, it's okay these two hearts will remember all of you, always.

There was a good handful of men who helped tremendously they are not mentioned in this thank you simply because they do not receive this newsletter. We thank them though, and we're happy that we are healthy in mind and spirit to include everyone dear to us,including our brothers. There is a very useful book, among others, to be found at the Together As One bookstore entitled; A Legal Guide to Lesbians and Gays.
Thank You, Cecelia Gonzales and Eva Wynhorst

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Dear New Phazes,

Please include me in the directory. A check is enclosed.

Also, all pubic hairs aside, I'm grateful the New Phazes staff has the time and energy to keep us informed on issues and happenings in the community. I never knew K-Mart was a lesbian boutique!
Thanks again,
Barby

* * * * * * * * * * * * * * * * * *

Name the first woman to brave 1,135 miles of Alaskan wilderness to win the Iditarod Trail Sled Dog Race in 1985.

Answer: Libby Riddles

KDHT 92.5 FM welcomes

Joan Baez

30th Anniversary Celebration

Macky Auditorium • C.U./Boulder

Sunday, October 29, 7:30 pm

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LUCIE BLUE TREMBLAY

Dec. 10 • Boulder Theater

Info. all shows: 303-443-5858

Maven Productions

together as one

LESBIAN COUPLES

read by the authors D. Merilee Clunis and G. Dorsey Green

60 minutes, $9.95

NOW ON CASSETTE

LESBIAN COUPLES, read by the authors, D. Merilee Clunis and G. Dorsey Green, is based on their book of the same title. Published in 1988, LESBIAN COUPLES, the groundbreaking guide for women in lesbian relationships, is now in its third printing. On the audio, Clunis and Green speak to all issues pertinent to lesbians who wish to understand and strengthen their partnerships, from intimacy and sex to housework, children and money. Most importantly, the issue of homophobia, both external and internal is addressed throughout. This is an audiotape that no lesbian - whether presently in a relationship, getting out of one or looking for one - will want to be without.

D. Merilee Clunis and G. Dorsey Green are both practicing therapists in Seattle, Washington.

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Dear Gals at New Phazes,

A good friend recently introduced me to your publication. I would like to subscribe. I have the Sept. issue, so please start my subscription with the next issue.

I'm 28, and I agree whole-heartedly with Dr. Madeline Hassett, as she expressed herself in the letter you reprinted in the Sept. issue. She brought out many excellent points, - good food for thought. I think we should be very grateful for her sharing input.

It is such a vast world, infinite life. there is so much to learn, so much growing, so much we could accomplish. Why waste our time on trivial and mundane things when there is such an infinity waiting to be explored? I have come to the conclusion that quality in everything we spend time on, is one of the most vital concerns for all of us.

I would like to see a variety of interesting, compelling, food-for-thought articles in your paper, and am quite willing to write things myself, to contribute, when a good subject gets to brewing and developing in my thought.

Sincerely,
Myna Schrader

* *

CO-DEPENDENCY IS.....
...a specific condition that is characterized by preoccupation and extreme dependence (emotionally, socially, & sometimes physically), on a person or object. Eventually, this dependence on another person becomes a pathological condition that affects the co-dependence that affects the co-dependent in all other relationships.

Dear New Phazes,

I send my love, you fine bunch of women! Thank you for creating and maintaining this newsletter. Like so many woman-made gifts to the world, New Phazes clearly welcomes, and thereby nurtures, the diversity of our community. Your acceptance of the unique and varied contributions of each individual woman is a great strength. I got nervous when you skipped a month of production because I've come to count on you monthly calendar, informative news clippings, and connection to the women's community here in Colorado Springs.

I was saddened by the fear and self-hatred expressed by Dr. Hassett in last month's issue. Whenever I hear a woman trash other women, and measure their value according to superficial and elitist standards, I wish that anger were harnessed to support rather than demean. I challenge Dr. Hassett to contribute articles to New Phazes herself and to encourage women associates with her needs and values to do the same. That would broaden the spectrum of styles, age levels, and class represented in the courageous publication. I would like to hear from women in all corners of this city: women of color, differently abled women, teenage women, women who live in the streets as well as women climbing the corporate ladder. We all speak in our own language. I plan to take my own advice and start contributing myself.

Again, thanks for your hard work. You get better every month!

With enthusiasm,
Tory

% % % %

REIKI (ray-kee)

Reiki is a Japanese word meaning Universal Life Force. Reiki energy comes directly from God (The Universe). Simply placing one's hands on oneself or on another person allows the energy to flow through the individual. It fills the practioner's body first, then flows out of the hands into the individual receiving the healing energy.

Reiki is pure energy form. When it combines with the sincere desire of the receiver, whom is willing to effect a cleansing within her/his own emotional consciousness, healing can occur. No matter where the individual may be at a certain point in her/his life, Reiki will balance and harmonize on the physical, mental, emotional, and spiritual levels. This allows each individual to align and heal herself/himself, which is where the responsibility actually lies.

The energy of the God-Force is neutral and awaits positive, productive, empowerment by the receiver. Therefore, it is up to the receiver to manifest harmony and balance in her/his own life. Acknowledging that health, happiness, joy, peace, and a loving state of existence is each individual's personal responsibility is the key factor.

The result of Reiki entering the body is the release of toxins. As the balancing energy enters the body, it will stimulate the imbalanced parts, stirring up the needed areas with varying reactions. The entire body will detoxify in direct proportion to the amount of toxins held within the individual's system.

Reiki is a beautiful, gentle, loving experience. The immediate effect is complete relaxation with a feeling of peace and calmness. There is also an increase in energy.

The use of Reiki is increasing rapidly and many professionals are using Reiki in conjunction with acupuncture and other forms of holistic healing practices.

We all deserve to be the best we can be. We owe it to ourselves to do everything we can to heal. Reiki is a legitimate, loving and real way to do just that. B.E.

I Knew Her Once; Wasted Life

I miss her energy;
how she was always so happy
how we always laughed
how we did so many things spontaneously.
I miss the child-like attitude she had
and the life that burst from her eyes.

I loved her
I needed her in my life
I miss her terribly now
I wonder how she feels?

Although I haven't seem her in quite some time
she still remains on my mind.
Thinking back to all the lines,
all the fears that were only expressed
with beer..or snow
for a better show.

I watched someone I cared about turn to stone,
eyes now as cold as steel and a heart
that refused to feel.
Darkness.

I loved her though
I needed her in my life
I miss her terribly now
I wonder....
no
probably not.

R.D./89

"ASK IT BASKET"

Alcohol, the drug. Most of us never thought of it as a drug. It is very cunning, baffling and powerful. It sneaks up on us. It used to be our best friend, then it turned on us.

I am a recovering alcoholic of six years and ten months. I never, in my wildest moments, thought I could stay away from alcohol for that length of time. The motto "One day at a time" became my way of life. Before I realized it, I had put many 24 hours together, and I was learning how to live my life without drinking.

Many of us had the idea that only people who lived under bridges and drank wine wrapped in a brown paper bag could be alcoholic. In fact, addiction doesn't happen to any specific type of person. In the Pikes Peak area there are alcoholic doctors, lawyers, factory workers, police officers, street people, and military personnel. Their occupation or life style doesn't matter to alcohol. It can get you no matter who you are, or what your occupation.

When I tell someone that I am an alcoholic, and I don't drink, I inevitably hear, "I don't have a problem with drinking. I just do it because I like to drink." These same people are picked up for "DUI", miss work because of a hangover, lose relationships, spend their spare time drinking, and many times are abusive to others. We have a difficult time accepting that alcohol rules our life, that we avoid going anywhere alcohol is not served, and that we avoid making friends with people who don't drink.

Being gay or lesbian, we find we can meet other gays or lesbians at gay bars. Let's face it, it's perhaps one place we feel free to assume those around us are our peers. Since we are in a bar, the most likely thing to do is order a drink. It makes it much easier to meet people and dance when you have had a few drinks. We rid ourselves of fears when we are a little high. But before long it becomes a habit. I have spent many beautiful days sitting in a bar looking out the window and promising myself that tomorrow I would do something different: go for a ride in the mountains, go to a movie, anything but spend the day pretending this loneliness and desolation I felt would go away if I just had a few drinks and met the right person. Maybe that has happened for a few people, but very few.

Please don't get me wrong, I am not putting down bars. I enjoy going to the bar and meeting people. I love to dance, and I am single, but today I don't drink in order to talk to someone, or ask them to dance. The bars are no longer my way of life. I get out and do other things. I enjoy my life. I am free of that terrible addiction. Today I have choices. I remember what I have done with whom. I no longer have to spend half the night hugging the porcelain throne retching my guts out. My worst hangover has been from too much coffee and cigarettes. I have learned that I am okay with who I am, and I don't have to drink to cover up my fear. I can even dance without having to drink two drink to loosen up.

We have three Gay AA meetings a week in Colorado Springs. It is a very loving and tremendously supportive group. The only requirement for membership is the desire to stop drinking. You do not have to stop by yourself. We will love you and support you and be there to answer your questions. Alcoholics Anonymous is just that - anonymous. There are no dues or fees. You can find our meeting times in the "Information Guide" in this issue.

If you think you may have a drinking problem, or know someone that does and you have a question about that, you can write to:

New Phazes
P.O. Box 6485
Colorado Springs, CO 80934-6485
Attn: ASK IT BASKET

You need not include your name or address. I will try to answer your questions in the next issue of "New Phazes." Please don't consider you question to be too silly. Your feelings are valid.

Until next time....
With love,
Sober and loving it.

GETTING YOUR CAR READY FOR WINTER

by Janet Kaszubowski

Well, it's that time of year again when you should consider having your car or truck prepared for our Colorado winter.

Many vehicle owners are not aware of exactly what a proper winterization should consist of. It is more than just making sure the antifreeze protection is sufficient.

A suggested list of items to check includes:

- antifreeze
- battery,cables and charging system
- hoses and belts
- tune-up
- emergency equipment

Antifreeze protects the cooling system from freezing during very cold weather, and for the front range area shold protect to at least -20 degrees.

A weak battery, poor battery cables or malfunctioning charging system can cause a breakdown at the worst possible time. A weak or old battery may not be able to provide the extra power needed to start the engine on a cold morning. Dirty or corroded battery cables and terminals can prevent the battery from charging fully.

The hoses that contain the coolant in the engine may need to be replaced to avoid any leaks or sudden failure. The belts are also susceptable to the extremes of temperture and stress found in the engine compartment and should be checked and replaced if they show signs of fatigue or wear. These belts have the important functions of providing the power for charging the battery and circulating the engine coolant.

Another important item is an engine tune-up, because an engine that starts easily in very cold weather, puts less strain on the battery and starter.

This item may be the most important - **emergency equipment.** You should be prepared to help yourself if your vehicle breaks down. You should carry with you at least the following:

- warm clothing
- road flares
- snow chains
- a small shovel
- sand

These items will come in very handy if you neglected to do the other mentioned steps to prepare your vehicle for winter and end up stranded on a cold winters night.

Janet Kaszubowski is co-owner and manager of Templeton Gap Auto Clinic. She has a degree from PPCC, is ASE certified and is one of the only active female mechanics in Colorado Springs.

CLASSIFIEDS

Two lower apartments in duplexes near Prospect Lake. 1,000 square feet. Good condition. $240 & $195 with nonsmokers discount. Garage optional. 574-0987.

Reduced rent to responsible tenant. 2 bedrooms, unfurnished townhouse. East Borough. 1 1/2 baths, appliances, laundry room. 475-7219.

Condo to share outside Dillon, with full clubhouse amenities, a\excellent access to skiing & hiking. AND FUN COMPANY! Completely private rentals are also available. $15.00/person. 1-303-499-8453 - Monica.

Did anybody tap the Lesbian Parenting show on 20/20, and Donahue? What about the movie My Two Loves or any other show on Lesbians? Together As One would like to have a library for free distribution to the community.

Linda Baker, where are you? I've learned to read the Tarot myself now, but have not forgotten your wisdom. Marji Wood, Seven Springs, 12517 172nd St. NE, Arlington, WA 98223.

Need insurance? Contact Pat Killen, 2303 Sonoma, Colorado Springs, 574-5865.

Land you can afford, in a community you could love. contact: Geri Salsig, Guffey Land Company, Box 46, Guffey, CO 80829. (719)689-2008.

Counseling for women: Group and individual. Low sliding fees. Contact Tory Pearlstein, MSW. 633-0958.

Single social/support group for Women. Write: New Phazes. P.O. Box 6485, C.S., CO 80934

PERSONALS: 37 year old, metaphysically oriented woman seeking friend(s) interested in personal & spiritual growth, mountain living, animals, hiking, exploring Colorado, interesting discussions, dinners & quiet times by the fire. When replying to this personals ad, please refer to Code #NP05.

PERSONALS: 40 year old professional. Hiker, camper, avid reader, mostly science fiction and fantasy, a videophile and TV addict. Own 2 cats and a dog whom I spoil rotten. Enjoy conversation about most any topic My friends accuse me of having weird tasted in movies and books, but also claim I am generous and understanding. I am most attracted to womyn with Asian features, feminine, intelligent with a sense of humor. When replying to this personals ad, please refer to Code #NP06.

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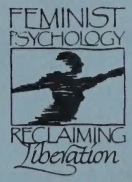

ASSOCIATION FOR WOMEN IN PSYCHOLOGY
1990 NATIONAL CONFERENCE
MARCH 8-11, 1990 TEMPE, ARIZONA

"Feminist Psychology . . . Reclaiming Liberation" reflects the philosophy of the 1990 Conference Collective as AWP moves into the last decade of the 20th Century, reclaiming our past, re-examining our present course, and redefining our future direction. At the heart of reclaiming liberation is committing ourselves to a feminist psychology that is representative of all women, that recognizes and celebrates the differences as well as the similarities among women. To this end, we are committed to outreach to women of various ethnic and cultural origins and lifestyles (including sexual/affectional orientation and marital/parental status); of different ages, as well as physical and mental abilities; and of differences in economic and professional standing. We hope to expand our visions beyond a Euro-American perspective in psychology. We invite representatives from activist and grass roots organizations to submit proposals. We are particularly committed to an anti-racist, anti-discriminatory agenda for this conference. The conference will be wheel-chair accessible; sign language interpretation, sighted guides, and child care will be available by reservation.

For further information, copies of the Call for Proposals, registration materials, (**not** for mailing proposals): 1990 Conference Collective, 110 West Geneva Drive, Tempe, AZ 85282, (602) 966-0039. **Send proposals to**: AWP Proposal Committee, c/o Jo Ruprecht, 703 N. Reymond, Las Cruces, NM 88005, (505) 526-6481.

Also Contact New Phazes for program proposal form.

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INFORMATION GUIDE

Colorado Springs

U.C.C.S. - Lesbian, Gay, Bisexual questioning: Call John Miller at 593-3108 or Jackie Beyer at 593-3161.

Battered Women Center (For all women): 633-3819.

G.A.L.A. (Gay and Lesbian Alliance) - Colorado College: Call student center or info at 473-2233.

40 plus (older lesbians support group): contact the gay help line at 471-4429.

S.O.S. (Sister of Sappho): meets every Thursday. Call the gay help line at 471-4429.

Step One: contact the gay help line at 471-4429.

On going Lesbian Psychotherapy Group: 6-8 pm Contact Linda Sutton at 632-0465.

P.P.M.C.C. (Pikes Peak Metropolitan Community Church): Call 634-3771.

Together As One (lesbian bookstore): 2202 Sumter Drive. Call 473-2552.

NOW (National Organization for Women): 3rd Wednesday of each month. Call 574-5865.

G.A.A. (Gay Alcoholics Anonymous): Monday and Friday at 8:00 pm. Golden Acres Mobile Home Park in the Club House, 5150 Airport Road. 6:30 pm at Memorial Hospital PDR North. Call AA Hotline - 24 hours - 634-5020.

S-CAP (Southern Colorado Aids Project): Call 578-9092.

Unite: Support/social for singles & couples. Call help line at 471-4429.

Womyn's Fellowship: 2nd & 4th Wednesays. 7-8:30 pm. Ages 21-40. Call Pamelita at 574-(719) 574-4183.

Ancient Mariner (mixed bar): 962 Manitou Ave. Call 685-5503.

Hour Glass (mixed bar): 2748 Airport Rd. Call 471-2104.

Denver

P-F.L.A.G. (Parents and Friends of Lesbians and Gays): Call (303)333-0286.

S.O.L. (Slightly Older Lesbians): meets 2nd Saturday of each month. Call (303)388-8611.

Divine Madness (lesbian bar): 2727 W. 6th Ave. Call (303) 892-9252.

Boulder

T.L.C. (The Lesbian Connection): meets 1st Sunday of each month. P.O. Box 12312, Boulder, CO 80303.

National

The Fund For Human Dignity: New York based toll free crises line. Call 1-800-SOS-GAYS or 1-800-767-4297. Hours are 5-10 p.m., Monday-Friday; 1-5 p.m. Saturday Eastern Standard Time.

Gateway Battered Women's Shelter (For Lesbian Battering): 24 hour hotline. Call 1-800-333-SAFE.

ADVERTISING IN NEW PHAZES

New Phazes is an advertiser supported newspaper for women in the Colorado Springs and surrounding area. Your advertising will reach over 700 women. We are interested in mutual support for the women's community.

Copy ad deadline is the 15th of each month, with the mailing of New Phazes at the end of each month.

THE COST IS:

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Classified Ads.....@ $.10 per word	Woman to Woman referral....$ 2.00
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All prices indicated are a per issue price. All ads must be camera ready or an additional charge will be arranged. New Phazes reserves the right to edit submitted material and to screen submissions perceived as sexist, racist, obscene, threatening, or inappropriate for this newspaper. The sexual orientation of contributors, advertisers and persons mentioned in New Phazes is neither inferred or implied. Opinions expressed in letters or articles are not necessarily the opinions of the New Phazes staff or advertisers. **Our mailing list is kept absolutely confidential.**

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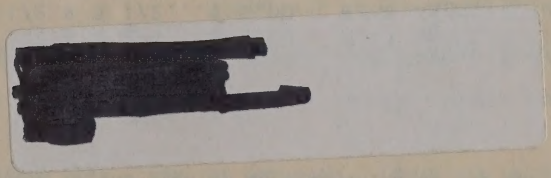

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